

Health Homes Herald

December, 2013

Volume 1, Issue 3

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

Monthly Update

The Holiday season is upon us! In our efforts to ensure a healthier Kansas, we have been busy in recent weeks with the Health Homes initiative.

We've had productive phone conversations with CMS regarding payment methodology for the first Health Homes population and have met with our MCOs to discuss the upcoming tasks to be covered in our run up to implementation on July 1, 2014.

Our staff made

presentations at a number of venues across the state and we are preparing a consumer tour that will take place the first week of March 2014.

Please look for additional information about this tour in the upcoming weeks. This Health Homes Consumer tour will be designed to help consumers understand what Health Homes are and what to expect from them. .

We will be asking our community partners to help us spread the word

and direct potentially eligible consumers to these consumer-oriented events.

We hope that this season will find our readers happy and healthy and that this issue of the Health Homes Herald will help you stay up-to-date with all that is happening across the state

If you have questions about anything in this issue please remember to check our website

http://www.kancare.ks.gov/health_home.htm

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Upcoming Events

- KanCare Advisory Council —Jan 8, 2014
- HH Focus Group —Jan 21, 2014
- Look for details about the Consumer tour scheduled for March 2014

Healthy Holiday Ideas

Having everyone together for the holidays provides an ideal opportunity to learn and share your family health history.

The CDC describes a family health history as

a written or graphic record of the diseases and health conditions present in your family.

You can't change your genes, but you can change behaviors that affect your health, such

as smoking, inactivity, and poor eating habits.

People with a family history of chronic disease (for instance, diabetes or asthma) may have the most to gain from making such lifestyle changes!



Consumers' Frequently Asked Questions

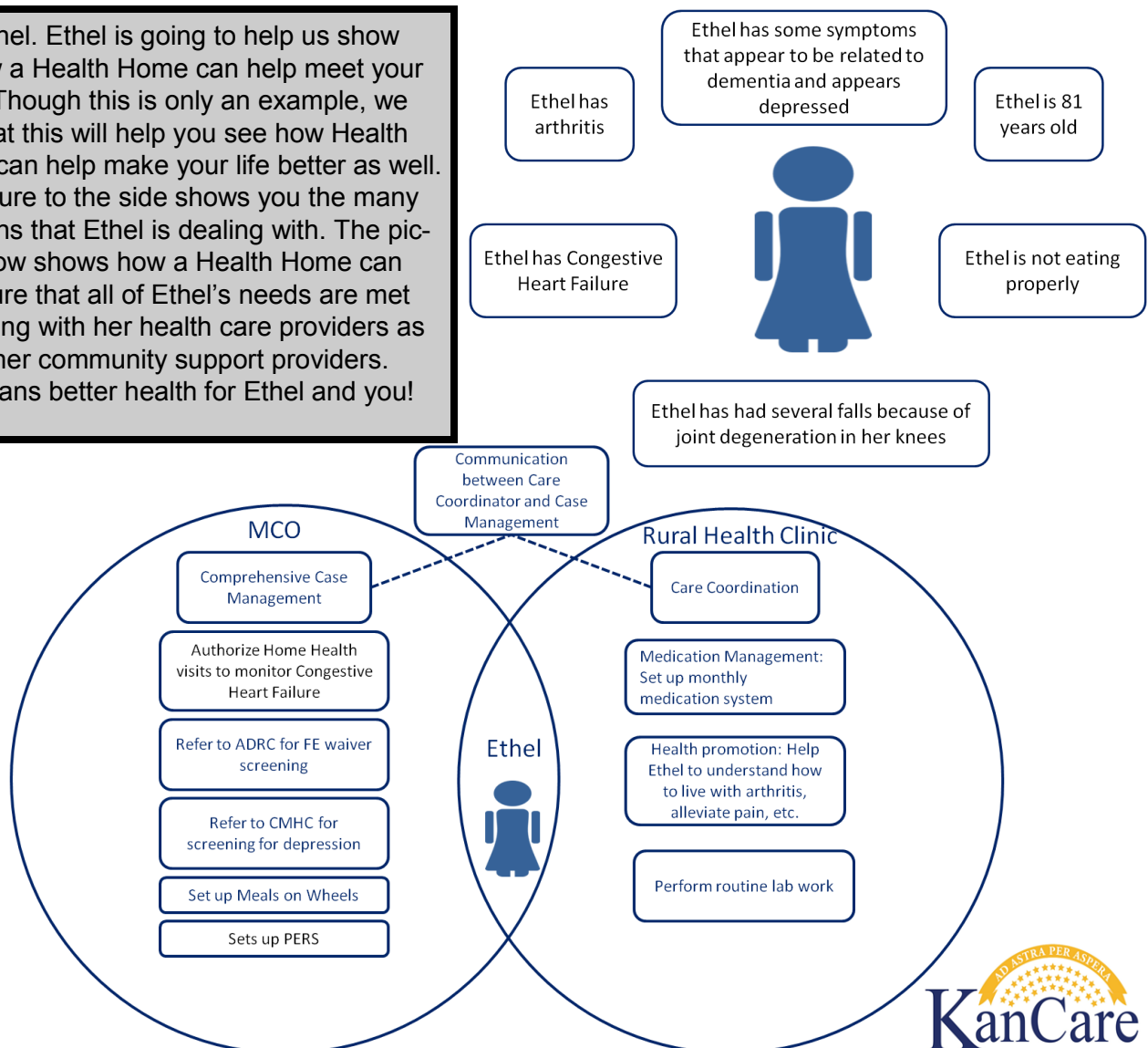
How is a health home different from having a case manager?

A health home provides many services that a case manager also does, but health homes make sure:

- All the people who provide your care work together to give you quality health care. Your KanCare MCO would be part of your Health Home.
- You get a care manager who will coordinate all your care among all your providers
- Your care manager will ensure you get what you need when you need it
- That person will help you stay healthy, out of the emergency room and out of the hospital, and in the community
- You will have one point of contact for your health care

Example Of How A Health Home Can Help

Meet Ethel. Ethel is going to help us show you how a Health Home can help meet your needs. Though this is only an example, we hope that this will help you see how Health Homes can help make your life better as well. The picture to the side shows you the many conditions that Ethel is dealing with. The picture below shows how a Health Home can make sure that all of Ethel's needs are met by working with her health care providers as well as her community support providers. This means better health for Ethel and you!



Role of Hospitals and Other Providers in Health Homes

Providers have a unique role to play in helping make Health Homes in Kansas a reality. To help shape this reality, the state has outlined four goals to assess the effectiveness of the Health Home program:

- Reduce utilization associated with avoidable (preventable) inpatient stays
- Improve management of chronic conditions
- Improve care coordination
- Improve transitions of care between primary care providers and inpatient facilities

In order for the goals of Health Homes to be realized, it will be necessary for a wide range of providers to work together.

The integrated health care promised in Health Homes will result in better health for our consumers and it is important that all providers in the community recognize their role in making Health Homes a success in Kansas.

The Role of Hospitals in Kansas Health Homes

Medicaid-funded hospitals in the state are required to work with health homes in the following ways:

- Hospitals must refer individuals who are likely to meet the minimum eligibility requirements to a health home
- Hospitals must communicate with health homes regarding ER and

admission discharges

- Some HHPs may want to enter into formal agreements with hospitals to ensure cooperation and provision of services

The Role of Other Providers in Kansas Health Homes

While a variety of providers could potentially qualify to be HHPs, some may not qualify as HHPs and some providers may choose not to do so. There are still roles for these providers, whether or not they are directly involved in a health home member's provision of care.

Other providers in the state are will work with health homes in the following ways:

- Participating in the development and implementation of Health Action Plans
- Being involved in development of discharge plans from inpatient or long-term care settings for health home members
- Participating in coordination and communication activities to ensure health home members have positive health outcomes
- Providing health homes materials and information to prospective health homes members

Some providers may contract with HHPs to:

- Provide one or more

health home service

- Provide training to HHP staff about physical or behavioral health conditions
- Assist health home members in understanding and managing a chronic condition

Find out more about Health Homes

Even if your organization is not considering serving as a Health Home, there are still ways that your organization can contribute. Whether by referring potentially eligible consumers or by subcontracting to provide some of the core services, we encourage all providers to learn more about Health Homes in Kansas.

To learn more about Health Homes in Kansas, visit the health homes web page at: http://www.kancare.ks.gov/health_home.htm. There, you can find PowerPoint presentations, draft materials and frequently asked questions. For information about federal requirements related to Health Homes, there are links to State Medicaid Director Letters listed on the Kansas health homes web page.



December Health News

The cold weather may have already arrived but it's not too late for a flu vaccine!

National Influenza Vaccination Week is Dec. 8-14 but as long as flu viruses are spreading and causing illness, the CDC reminds us that vaccination can still provide protection against the flu. Flu activity doesn't usually peak until January or February in the United States, and the season can last as late as May, so it is important to vaccinate now if you haven't already.

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against flu viruses. A flu vaccine offers the best protection we have against this serious disease. Flu vaccines cause antibodies to develop in the body about two weeks after vaccination.

There are certain people who are at high risk of developing serious flu-related

complications such as:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 65 years of age and older
- People of any age with certain chronic medical conditions (such as asthma, diabetes, heart disease)

A full list of people at high risk of serious complications from flu because of age or other medical conditions is available at http://www.cdc.gov/flu/about/disease/high_risk.htm

In addition, there are other people for whom vaccination is especially important:

- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu
- Health care workers
- Household contacts of

persons at high risk for complications from the flu

- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

As we move towards Health Homes in Kansas, we'd like to encourage everyone to consider getting vaccinated.

The flu vaccine is available as a shot and as a nasal spray. The nasal spray vaccine protects against four flu viruses and is approved for use in healthy* people ages 2 to 49 years who aren't pregnant. CDC does not recommend one flu vaccine over the other. The important thing is to get a flu vaccine every year.

If you're not sure or have questions about what vaccine to get, talk with your doctor or health care provider. For a complete list of who should and shouldn't get vaccinated, visit <http://www.cdc.gov/flu/protect/whoshouldvax.htm>.

Questions?

If you have questions, or would like more information about health homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

Phone: 1-785-296-3981

Email: healthhomes@kdheks.gov

Website: http://www.kancare.ks.gov/health_home.htm

